



Grilled Garlic Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



117 min.

SERVINGS



6

CALORIES



1250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pound chickens cut into 8 pieces, backbone removed
- ☐ 0.3 cup cider vinegar
- ☐ 6 ears corn
- ☐ 2 eggplants cut into 1/2-inch slices
- ☐ 6 garlic cloves peeled finely chopped
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings olive oil
- ☐ 2 cups orange juice

- ☐ 2 teaspoons oregano dried
- ☐ 2 plum tomatoes cut in 1/2, lengthwise
- ☐ 1 onion red cut into 1/2-inch slices
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 6 servings salt and pepper
- ☐ 1 bunch scallions minced
- ☐ 2 zucchini cut into 1/2-inch slices

Equipment

- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place the chicken pieces in 1 or 2 large re-sealable plastic bags and add the rest of the ingredients. Seal the bag and shake to mix. Refrigerate at least 1 hour or overnight.
- ☐ Heat grill to medium heat, or until the coals are lightly covered with ash. Oil the grill.
- ☐ Cook the chicken, skin side up, for 20 minutes. Turn the pieces and cook an additional 15 to 20 minutes, or until a meat thermometer inserted reaches 155 degrees and the chicken is fork-tender and the juices run clear when a thigh is pricked with a fork. (It should measure 180 degrees F on an instant read thermometer). Alternately, roast the chicken in a preheated 400 degree F oven for 35 to 40 minutes.
- ☐ Serve 1 bird hot and reserve the other for Days 2 and
- ☐ Brush the vegetables with olive oil and sprinkle with salt and pepper.
- ☐ Place everything on the grill over medium heat and cook, turning frequently, for 10 to 15 minutes, or until fork tender.
- ☐ Serve hot, reserving 1/3 of the vegetables for Day 2 and two ears of corn for Day 3.

Nutrition Facts



 **PROTEIN 26.2%**  **FAT 60.58%**  **CARBS 13.22%**

Properties

Glycemic Index:44.83, Glycemic Load:6.89, Inflammation Score:-10, Nutrition Score:51.578695504562%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 1249.62kcal (62.48%), Fat: 84.28g (129.66%), Saturated Fat: 21.86g (136.61%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 33.03g (12.01%), Sugar: 21.14g (23.48%), Cholesterol: 379.69mg (126.56%), Sodium: 1305.52mg (56.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.01g (164.02%), Vitamin B3: 31.84mg (159.2%), Vitamin C: 79mg (95.75%), Vitamin B6: 1.86mg (92.82%), Vitamin A: 4544.07IU (90.88%), Phosphorus: 903.22mg (90.32%), Selenium: 53.08µg (75.82%), Vitamin B12: 4.37µg (72.85%), Folate: 237.56µg (59.39%), Vitamin B5: 5.93mg (59.34%), Vitamin B2: 0.97mg (57.01%), Potassium: 1915.12mg (54.72%), Manganese: 0.92mg (45.87%), Zinc: 6.72mg (44.77%), Iron: 7.89mg (43.83%), Magnesium: 167.89mg (41.97%), Vitamin B1: 0.59mg (39.31%), Fiber: 8.32g (33.3%), Vitamin K: 31.47µg (29.97%), Copper: 0.55mg (27.44%), Vitamin E: 3.04mg (20.25%), Calcium: 107.01mg (10.7%)